



# CPPS CANTEEN SUMMER MENU

*Term 1 – 2023*

**LUNCH ORDERS must be ordered VIA FLEXISCHOOLS**

## SNACKS – RECESS & LUNCH

E - Seasonal Fruit Cup	\$2.00
E - add natural Greek yogurt	\$0.50
E - Frozen Fruit	\$0.50
E - Bread sticks	\$0.50
E - Plain or Buttered Bread Roll	\$1.50
E - Cheese & Crackers - 4 per pack	\$0.50
E - Frozen Juice Pop	\$0.50
E - Snack Box (carrots, hummus, cheese, crackers, egg, fruit)	\$4.00
O - Red Rock Chips - Sea Salt	\$1.50
O - Popcorn - Plain	\$1.50
O - Grainwaves - Sour Cream & Chives	\$1.50
O - Pretzels	\$1.00

## DAILY RECESS OPTIONS – See Whiteboard for which day your favourite is available.

O - Hash Browns	\$1.50
E - Cheese on Toast	\$1.00
O - Potato Gems	\$1.00
O - Mini Hotdogs	\$1.50
E - Mini Scrolls	\$0.50
E - Pikelets with Jam or Honey	\$0.50

## HOT FOOD – LUNCH ONLY

E - Garlic Pita Bread	\$1.50
E - Cheese & Garlic Pita	\$2.00
E - Corn Cob	\$1.20
O - Chicken Wedges - 3 pieces	\$3.00
O - Vegetarian Spring Rolls - 3 pieces	\$2.50

## TOASTED SANDWICHES – LUNCH via ORDER ONLY

E - Cheese	\$3.00
E - Ham	\$4.00
E - Chicken or Tuna	\$4.50
E - Ham & Cheese	\$4.50
E - Ham, Cheese & Tomato	\$5.00

## SANDWICHES – LUNCH via ORDER ONLY

(All sandwiches are on Wholemeal bread unless White requested.)

Add \$1 for rolls, 50c for toasted sandwiches, \$1.30 for Gluten Free bread)

E - Salad (lettuce, cucumber, tomato, carrot)	\$4.00
E - Ham or Egg	\$3.50
E - Chicken or Tuna	\$4.00
E - Cheese, Vegemite, Strawberry Jam	\$2.50
E - Plain or Buttered Bread Roll	\$1.50

## SALAD BOXES – LUNCH via ORDER ONLY

E - Garden Salad	\$5.00
(lettuce, tomato, cucumber, carrot, salad dressing)	
Add Ham, Chicken or Egg - each	\$1.00
Add tin of Tuna	\$1.50

## ADDITIONAL FILLINGS FOR SALADS & SANDWICHES

E - Salad (lettuce, cucumber, tomato, carrot)	\$1.50
E - Cheese, Beetroot, Carrot, Cucumber, Lettuce, Tomato, Pineapple - each	\$0.50

## CONDIMENTS

Caesar Dressing portion	\$0.30
Italian Dressing portion	\$0.30
Sweet Chilli portion	\$0.30
Mayonnaise	\$0.30
Tomato Sauce portion	\$0.30
Soy Sauce (Gluten Free)	\$0.30

## DAILY LUNCH OPTIONS

### MONDAY

- O - Chicken Schnitzel Roll (lettuce & mayonnaise) \$5.00
- O - Falafel Wrap (lettuce, tomato and hummus) \$5.00

### TUESDAY

*(order by 4pm Monday)*

- E - Sushi *(supplied by Sushi Hub)*
- Tuna and Avocado Roll \$4.50
- Crispy Chicken and Cucumber Roll \$4.50
- Avocado and Cucumber Roll \$4.50
- Mini Cucumber Box (8 pieces) \$4.80
- Mini Tuna Box (8 pieces) \$4.80

### WEDNESDAY

- E - Pizza Za'atar \$3.00
- E - Pizza Margarita \$4.00
- E - Pizza Vegetarian \$5.00
- O - Pizza Beef \$4.50

### THURSDAY

- E - Hamburger (lettuce, tomato, tomato sauce) \$5.00
- E - Veggie Burger (lettuce, tomato & tomato sauce) \$5.00

### FRIDAY

- O - Meat Pie \$4.00
- O - Sausage Roll \$3.00

## HEALTHY FOOD GUIDE

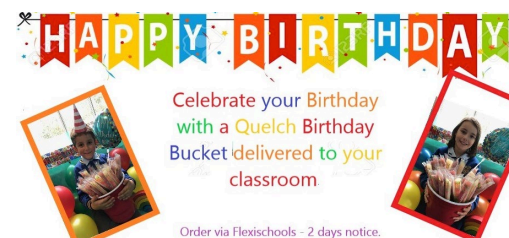
- E – Everyday Foods
- O – Occasional Foods

## DRINKS

- E - Water \$1.50
- E - Flavoured Milk \$2.50
- E - Fruit Juice \$2.00
- E - Glee Sparkling 99% Fruit Juice \$2.00
- E - Chill J Sparkling Fruit Juice \$2.00
- E - Slushies \$2.00

## FROZEN – LUNCH ONLY

- E - Quelch Ice Block \$0.50
- E - Snap Stix \$1.00
- O - Bulla Lite Vanilla Ice Cream Cup \$1.50



### Birthday Bucket - \$15

Celebrate your birthday with a Quelch Birthday Bucket or Tray of Baby Cupcakes (Egg and Dairy Free)

Order via [www.flexischools.com.au](http://www.flexischools.com.au)

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